INTERNATIONAL YOGA DAY (21ST JUNE)

Speech by Nirthya Thapa (Class: V)

Good morning respected Principal Sir, teachers, and my dear friends.

My name is Nirthya Thapa, and I am a student of Class V. First of all, I would like to thank my teachers for giving me the opportunity to deliver a speech on International Yoga Day. I feel honoured and delighted to stand before you today.

Today, I would like to share a few thoughts about International Yoga Day and the importance of yoga in our lives.

International Yoga Day is celebrated every year on 21st June all around the world. This day is observed to spread awareness about the many benefits of Yoga and to encourage people to adopt a healthy and balanced lifestyle.

The idea of celebrating International Yoga Day was proposed by our Hon'ble Prime Minister of India, Shri Narendra Modi, during his address at the United Nations in 2014. His proposal received overwhelming support from many countries, and the United Nations declared 21st June as the International Day of Yoga. Since then, people across the world have come together every year to celebrate yoga and promote its practice.

Yoga is an ancient gift from India to the world. It is much more than just physical exercise. Yoga helps us maintain harmony between our body, mind, and spirit. It teaches us the importance of discipline, patience, and inner peace.

Yoga is especially beneficial for students like us. Regular practice of Yoga improves concentration, memory, and focus, which helps us perform better in our studies. It keeps our body fit, flexible, and strong. Yoga also reduces stress, anxiety, and fatigue, making us feel calm, refreshed, and energetic.

Simple yoga postures and breathing exercises can help us stay healthy and develop self-confidence. By practising yoga every day, we can improve our physical health as well as our mental well-being.

In today's world, we spend a lot of time using mobile phones, computers, and watching television. Therefore, it is very important for us to take care of our health. Yoga provides a simple and effective way to stay active, happy, and healthy.

On this International Yoga Day, let us all take a pledge to make yoga a part of our daily routine and encourage our family and friends to practise it as well.

I would like to conclude my speech with a beautiful thought:

"Yoga is the journey of the self, through the self, to the self."

Thank you everyone. Wishing you all a very Happy International Yoga Day.